

# Should They Stay or Should They Go?

How to decide if your child should stay home from school or day care due to illness, with advice from Children's pediatrician Kristin McGregor, M.D.

## WHAT SYMPTOMS DOES YOUR CHILD HAVE?

FOLLOW THE ARROWS TO DETERMINE YOUR COURSE OF ACTION

Does your child have mild symptoms associated with a common cold, such as **RUNNY NOSE, CONGESTION, COUGH, SORE THROAT OR MILD EYE REDNESS?**

yes

Will my child be uncomfortable participating?

no

yes

Does my child require care or attention that is more than what the staff at day care or school can provide?

no

yes



Does your child have a **FEVER?**

yes

Does your child have **STREP THROAT, THE FLU OR ANOTHER INFECTIOUS DISEASE?**

yes

Does your child have a **GASTROINTESTINAL ILLNESS?**

yes

Has your child vomited more than twice in a 24-hour period or have diarrhea that could cause accidents?

yes

no

Will my child be uncomfortable participating?

yes

no

Does my child require care or attention that is more than what the staff at day care or school can provide?

yes

no

THE DOCTOR RECOMMENDS YOU

### KEEP YOUR CHILD AT HOME

If your child needs to stay home, Dr. McGregor recommends rest and naps.

"Try to limit their activities so they get good rest," she says. "And encourage fluids, especially if they have a fever. Sometimes kids can become dehydrated due to losing fluids secondary to the fever."

For most mild, cold-like symptoms, you don't need to take your child to the doctor right away. However, if symptoms persist for more than 24 hours, or if they get worse, it's a good idea to make an appointment with your pediatrician to have your child examined.



IF YOU ANSWERED NO TO ALL OF THESE QUESTIONS,

**IT'S OK TO SEND YOUR CHILD TO SCHOOL**